

Nutrition & Hydration Week

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nutritionandhydrationweek.co.uk



Hydration through food is easily overlooked but *must not be forgotten*

Fluids play a vital role in our health and quality of life. Lack of fluids can become serious very quickly, especially among the elderly, with possible effects including:

- Dizziness
- Heat stress
- Pressure ulcers
- Increased risk of falls

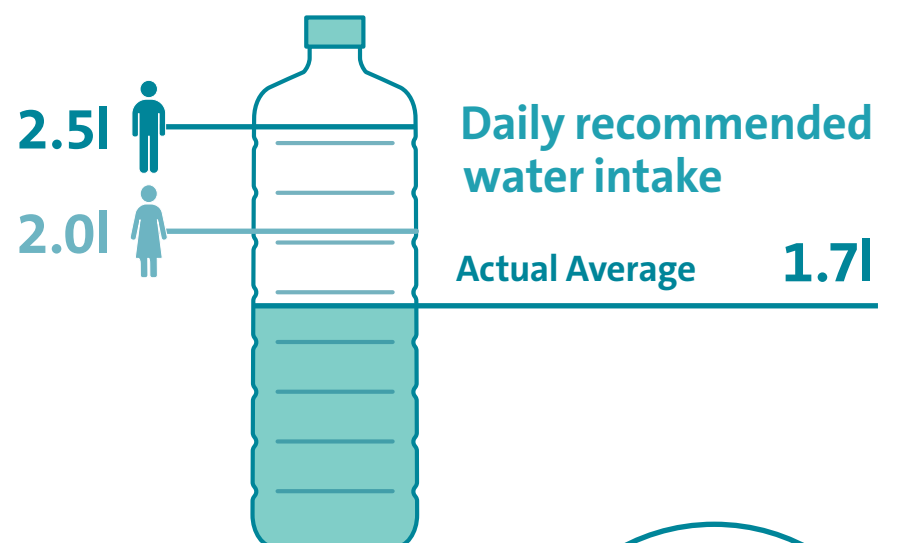
Food contributes towards your daily water intake. Take a look at some of the most hydrating examples below:

Sweet options:

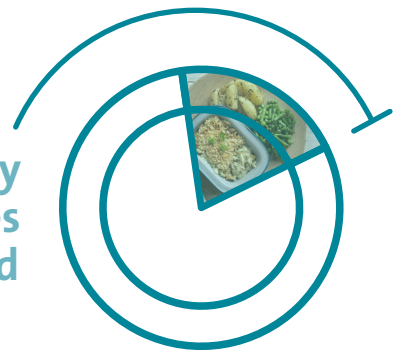
- Ice lolly (70g) = 70ml
- Small porridge (110g) = 80ml
- Rice pudding (200g) = 160ml

Savoury options:

- 2 tablespoons of mashed potato = 70ml
- 4 florets of broccoli = 75ml
- Cauliflower cheese (90g) = 70ml
- Side salad (100g) = 95ml



Around 20% of your daily water intake comes through food



It only takes a drop in body water of **1%** to have a negative effect on cognitive ability & mood

apetito supports people in their own homes by promoting health and wellbeing through the supply of healthy, nutritious food including meals for those with dysphagia, intolerances and allergies. Visit www.apetito.co.uk/meals-on-wheels to find out more.

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